

All Databases PubMed Nucleotide Protein Genome Structure OMIM PMC Journals Books
 Search PubMed for [Go] [Clear] [Advanced Search](#)

Limits Preview/Index History Clipboard Details

Display AbstractPlus Show 20 Sort By Send to
 All: 1 Review: 1

1: [Phys Ther.](#) 2008 Jul;88(7):873-86. Epub 2008 May 22.



Links

Ottawa Panel evidence-based clinical practice guidelines for strengthening exercises in the management of fibromyalgia: part 2.

[Brosseau L](#), [Wells GA](#), [Tugwell P](#), [Egan M](#), [Wilson KG](#), [Dubouloz CJ](#), [Casimiro L](#), [Robinson VA](#), [McGowan J](#), [Busch A](#), [Poitras S](#), [Moldofsky H](#), [Harth M](#), [Finestone HM](#), [Nielson W](#), [Haines-Wangda A](#), [Russell-Doreleyers M](#), [Lambert K](#), [Marshall AD](#), [Veilleux L](#); [Ottawa Panel Members](#).

[Collaborators \(20\)](#)

Clinical Epidemiology Unit, Ottawa Hospital Research Institute, Ottawa Hospital, Civic Campus, Ottawa, Ontario, Canada. Lucie.Brosseau@uottawa.ca

BACKGROUND AND PURPOSE: The objective of this study was to create guidelines for the use of strengthening exercises in the management of adult patients (>18 years of age) with fibromyalgia (FM), as defined by the 1990 American College of Rheumatology criteria. **METHODS:** Following Cochrane Collaboration methods, the Ottawa Methods Group found and synthesized evidence from comparative controlled trials and formed the Ottawa Panel, with nominated experts from key stakeholder organizations. The Ottawa Panel then developed criteria for grading the recommendations based on experimental design (I for randomized controlled trials, II for nonrandomized studies) and strength of evidence (A, B, C+, C, D+, D, or D-). From the rigorous literature search, 5 randomized controlled trials were selected. Statistical analysis was based on Cochrane Collaboration methods. Continuous data were calculated with weighted mean differences between the intervention and control groups, and dichotomous data were analyzed with relative risks. Clinical improvement was calculated using absolute benefit and relative difference in change from baseline. Clinical significance was attained when an improvement of 15% relative to a control was found. **RESULTS:** There were 5 positive recommendations: 2 grade A and 3 grade C+. All 5 were of clinical benefit. **DISCUSSION AND CONCLUSION:** The Ottawa Panel recommends strengthening exercises for the management of fibromyalgia as a result of the emerging evidence (grades A, B, and C+, although most trials were rated low quality) shown in the literature.

PMID: 18497302 [PubMed - indexed for MEDLINE]

Display AbstractPlus Show 20 Sort By Send to



Related Articles

- Review* Ottawa Panel evidence-based clinical practice guidelines for aerobic fitness exercises in the management of fibromyalgia: part 1. [Phys Ther. 2008]
- Review* Ottawa panel evidence-based clinical practice guidelines for therapeutic exercises and manual therapy in the management of osteoarthritis. [Phys Ther. 2005]
- Review* Ottawa Panel evidence-based clinical practice guidelines for therapeutic exercises in the management of rheumatoid arthritis in adults. [Phys Ther. 2004]
- Review* Philadelphia Panel evidence-based clinical practice guidelines on selected rehabilitation interventions for low back pain. [Phys Ther. 2001]
- Review* Philadelphia Panel evidence-based clinical practice guidelines on selected rehabilitation interventions for neck pain. [Phys Ther. 2001]

» See Reviews... | » See All...

Recent Activity

Turn Off Clear

Ottawa Panel evidence-based clinical practice guidelines for aerobic fitness exercises in ...

Ottawa Panel evidence-based clinical practice guidelines for strengthening exercises in th...

[Brosseau L](#) (89)

PubMed

[Write to the Help Desk](#)

[NCBI](#) | [NLM](#) | [NIH](#)

[Department of Health & Human Services](#)

[Privacy Statement](#) | [Freedom of Information Act](#) | [Disclaimer](#)